



Learn to identify a proper serving size.

Use these comparisons when preparing or serving meals. Controlling portion size is an important part of maintaining a healthy lifestyle.

1 Serving ► Similar to:

1 cup of cereal ►



a fist

1/2 cup of cooked rice, pasta, or potato ►



1/2 baseball

1 baked potato ►



a fist

1 medium fruit ►



a baseball

1 Serving ► Similar to:

1/2 cup of fresh fruit ►



1/2 baseball

1 1/2 ounces of low-fat or fat-free cheese ►



4 stacked dice

1/2 cup of ice cream ►



1/2 baseball

2 tablespoons of peanut butter ►



a ping-pong ball